



CHRONIC DISEASE PREVENTION

LAKELAND HILLS FAMILY YMCA



PREDIABETES PROGRAM

If you're at risk for type 2 Diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life.

The Y is a leading nonprofit committed to improving the nation's health, one person at a time! Our **DIABETES PREVENTION PROGRAM** is part of a comprehensive **Chronic Disease Prevention Program** offered by the Lakeland Hills YMCA.

Did you know that 1 in 3 adults don't even know they have prediabetes? This first step will improve your health and may change your life! What are you waiting for?



PROGRAM FEATURES

- 25 sessions delivered over the course of one year
- Led by a trained Lifestyle Coach
- A group that offers motivation and support

DATES

- Next session begins March 10
- Meetings will be held Virtually
- Thanks to a grant this program is offered at NO CHARGE!

CONTACT

Fitness Director Anthony Shovlowsky

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SIGN UP NOW



**REDEFINE YOUR HEALTH
TRANSFORM YOUR LIFE**

**Diabetes
Prevention
Program**

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